



# S-VYASA

Deemed to be University  
Bengaluru, India

[www.svyasa.edu.in](http://www.svyasa.edu.in)



## MSc

# Yoga Lifestyle and Stress Management

Regular,  
Full-time  
Program

The Course, MSc - Yoga Lifestyle and Stress Management (MYLSM) helps you to enjoy positive health; enjoy an urge of Self-improvement, develop integrity, develop responsibility, develop reliability, Develop Dependability, Develop Compassion and Develop immunity.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA, Deemed to be University) conceptualized the M.Sc. (Yoga for Stress Management) to produce Experts in imparting Stress Management techniques to all.

### Highlights of the Course:

- Stress management theory and practical training will be imparted by the experts in that field.
- Practical experience in imparting Stress Management course to variety of people including Executives, Employees, Households, Youth, children, people from all sectors of life and all age groups.
- Research teaching from researchers of our Research center.
- Yogic principles will be taught by experts in the field of Yoga.
- Course is a perfect blend of theory, practical and field work.
- Peaceful ambiance for learning.

### Job Scope:

- In corporate sector as instructor for stress management.
- In health centers as stress management therapists.
- Own classes for all sectors for promotion of positive health

### Details of the Course:

**Detailed Notification Link:** [https://www.svyasa.edu.in/pdf/2021/Notification\\_pg%201-merged.pdf](https://www.svyasa.edu.in/pdf/2021/Notification_pg%201-merged.pdf)

**Eligibility:** Bachelor's degree in any discipline with 50% marks with knowledge of English (should be able to Read and write well)

**Course Duration:** 2 yrs (Regular Fulltime Program)

**Online Application Link:** <https://svyasa.iweb.online>

**Contact:** +91-80-2263 9907/68

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